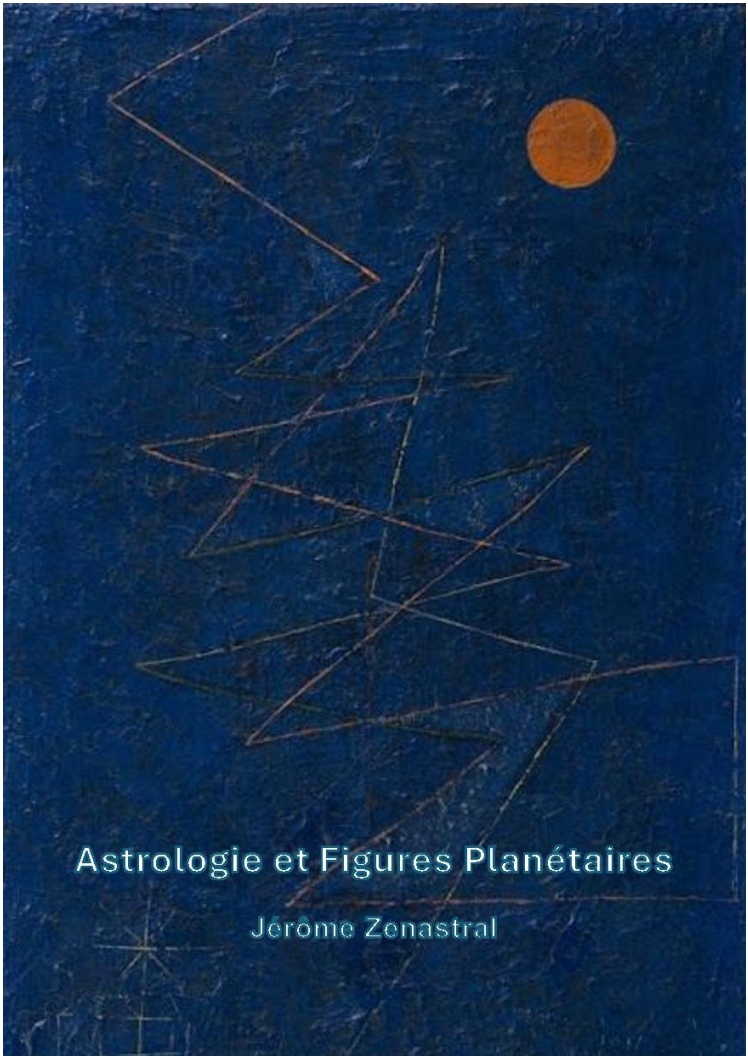
Astrologie et Figures Planétaires
Jérôme Zenastral

DU MÊME AUTEUR

Astrology and Mindfulness
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Preface

Astrology offers many languages to describe the human experience.

Some are analytical, others symbolic, and still others seek synthesis. Planetary figures belong to the latter category: they draw a shape, an apparent organisation, an overall dynamic of the astrological chart. Their appeal is immediate, almost intuitive, because they reveal what we might believe to be an overall structure of the psyche.

But visual evidence does not guarantee inner accuracy. A figure, however meaningful it may be, never tells us who we are. It can neither summarise the complexity of a being nor account for the richness of tensions, contradictions and nuances that run through all human experience. That is why this book does not aim to offer a typological or deterministic reading of planetary figures.

In mindfulness astrology, the astrological chart is not an explanatory diagram of personality, but a symbolic reflection of a field of experiences. The planets are seen as psychic forces, the signs as fields of energy, and the houses as areas of lived experience. The aspects describe harmonies or tensions, not character traits. From this perspective, planetary figures can only be transitory images, revealing a momentary organisation of these forces, never a fixed identity.

This book therefore offers a deliberately cautious and conscious approach to astrological figures. The aim is not

to make them central keys to interpretation, but to approach them as supports for symbolic reading, invitations to observe how energy concentrates, disperses, polarises or orients itself in a chart. The figures are considered here as living metaphors, useful as long as they open up understanding, but to be abandoned as soon as they become restrictive or overly simplistic.

The aim is not to produce a reassuring overall picture, but to remain faithful to the complexity of reality. For it is precisely in this complexity that the path of consciousness is played out: in the ability to welcome opposing forces, to recognise tensions without seeking to resolve them too quickly, and to remain present to what is being experienced, moment by moment.

May these pages help you to look at planetary figures not as answers, but as opportunities for questioning, vigilance and inner deepening. If this book fulfils its function, it will not tell you “who you are”, but will invite you to be more attentive to the way experiences unfold within you, and to recognise, behind the forms, the presence that observes them.

Introduction

This book is devoted to planetary figures, sometimes called planetary patterns, i.e. the geometric shapes that appear in a birth chart when the planets are connected by their aspects. These figures often attract attention because of their visual and synthetic nature: at a glance, they seem to offer a global reading of the chart, a kind of overview of the inner dynamics.

In some astrology manuals, you will find so-called 'global' figures – cosmic cross, kite, boomerang, hammer, and many others – which describe the distribution of the planets in the chart and seek to provide an overview. This is indeed a good way to get a first impression of a chart, a sense of the overall organisation or movement of energies.

But this approach immediately calls for a word of caution. Planetary figures can never replace the analysis of the planets in signs, houses and aspects. They provide an atmosphere, a metaphor for organisation, but they should never be used as an overall diagnosis. If they are used as a central key to interpretation, there is a high risk of falling into contradictions: the figure will suggest a general temperament or dynamic, while a detailed study of the planets will often reveal different, sometimes even opposite, tendencies.

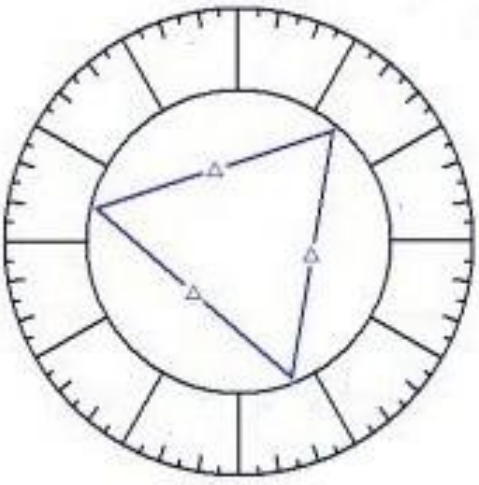
The correct method is therefore to observe whether there is a figure in the chart, note it as a symbolic suggestion, and then return to the detailed analysis of the planets, which always remains the most subtle and accurate source

of understanding. Figures are not truths about the individual, but provisional indications of how psychic forces are distributed and organised at a given moment.

In the context of mindfulness astrology, this book offers a reading of planetary figures free from any typological or reductive temptation. It is not a question of defining an overall personality or freezing the individual in a form, but of exploring what these configurations can reveal in terms of dynamics of tension, concentration, dispersion or orientation of attention. The figures are approached here as symbolic images, supports for contemplation and questioning, never as definitive explanations.

Human beings are not geometric figures. They are living constellations of forces, sometimes contradictory, always in motion. This book therefore invites you to consider planetary figures not as answers, but as doors: doors to a more subtle listening to the theme, and above all to a more conscious presence to what is experienced internally.

The grand trine (or major triangle)



The grand trine (or major triangle) reflects an inner fluidity, as if your breath flowed effortlessly between your different psychic dimensions. You have a natural harmony that easily brings you into alignment with yourself and with life, but this ease can also invite you to remain in a comfortable zone without seeking to deepen your awakening. The challenge is not to fall asleep in this ease, but to transform it into active vigilance by cultivating gratitude, nurturing your creativity, and putting this inner peace at the service of those around you.

The fire trine reflects spontaneous vitality, enthusiasm and creativity. You are invited to welcome this inner warmth as a life force, while remaining vigilant so that it does not become agitation or excess. The path consists of cultivating a conscious flame, nourished by intention and openness.

Example: Sun at 10° Aries, Moon at 10° Leo and Mars at 10° Sagittarius

The air trine reflects mental and relational fluidity, like a natural flow of thoughts and words. You are invited to recognise the lightness of this energy and use it as a tool for understanding and sharing. The path is to remain vigilant so that this mobility does not become dispersion, but remains a breath of clarity and awakening.

Example: Sun at 10° Gemini, Moon at 10° Libra and Mars at 10° Aquarius

The earth trine symbolises natural stability and an ability to realise your inner resources. You are invited to welcome this quiet strength as a solid foundation, while remaining vigilant so as not to become complacent in your security.

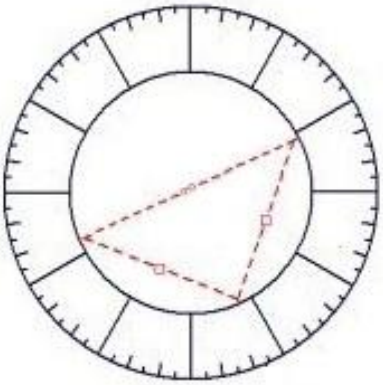
Example: Sun at 10° Taurus, Moon at 10° Virgo and Mars at 10° Capricorn

The water trine reflects emotional and intuitive fluidity, like an inner current that connects you to the depths of your being. You are invited to recognise the richness of this sensitive flow, while remaining vigilant so as not to dissolve into your feelings. The path is to welcome your

emotions as gateways to awakening, rather than whirlpools that sweep you away.

Example: Sun at 10° Cancer, Moon at 10° Scorpio and Mars at 10° Pisces

The T-square



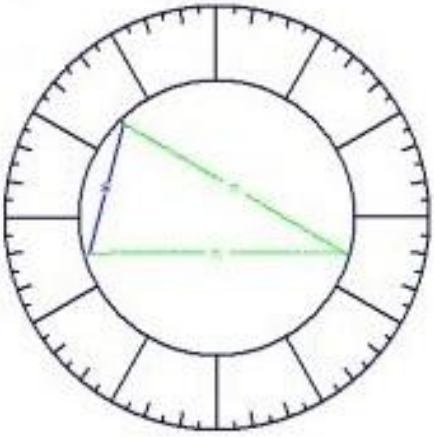
The T-square represents an inner tension that keeps you constantly in motion, as if part of you is always striving to surpass itself.

You may experience this configuration as a constant struggle or opposition between different forces within your being, which can sometimes generate conflict or discomfort. But it is precisely in this intensity that your path to awakening lies: it forces you to remain present, to seek a living balance and to transform adversity into creative energy. Vigilance consists of welcoming these tensions not as obstacles, but as a dynamic that pushes you to grow and find a more accurate direction.

The cosmic cross, or grand square

The cosmic cross, or grand square, places you in the face of several tensions that seem to pull your being in opposite directions, as if you were torn between contradictory demands. This figure can sometimes make you feel like you are carrying a heavy burden, but it also contains an exceptional structuring force. Each inner confrontation then becomes an invitation to root yourself more deeply in the present moment and to find a solid centre that does not depend on opposing forces. The path consists of transforming constraint into an axis of stability, making the cross not a burden, but a point of balance where awakening is built step by step.

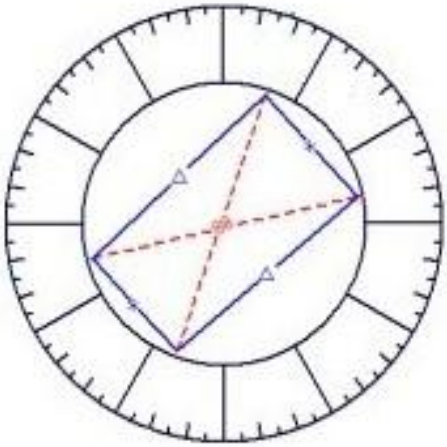
The Yod, or Finger of God



The Yod, or Finger of God, places you before a particular inner orientation, as if part of your life were being guided towards a specific point that demands your full attention.

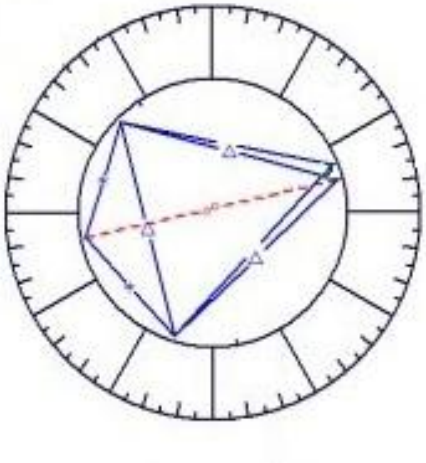
This figure often manifests itself as a feeling of disconnection or subtle discomfort, as if you had to constantly adjust your inner position to find the right balance. It invites you to develop a keen awareness, to accept that some paths close in order to open others, and to recognise in these constant readjustments a call from your destiny. The path is to welcome this tension as a guide, remaining open to the subtle signs that point you towards a higher goal.

The mystical rectangle (or harmonic rectangle)



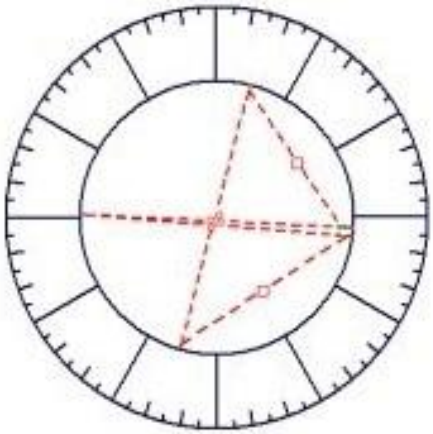
The mystical rectangle (or harmonic rectangle) offers you an inner structure made up of both tensions and harmonies, as if each difficulty naturally found a way to be resolved. This figure allows you to feel that oppositions are not necessarily fractures, but doors to a broader understanding. It teaches you to recognise that life confronts you with dualities in order to push you to seek mediation and find a living unity beyond contrasts. The path consists of cultivating the confidence that any imbalance can be integrated and transformed, drawing on your inner resources.

The kite



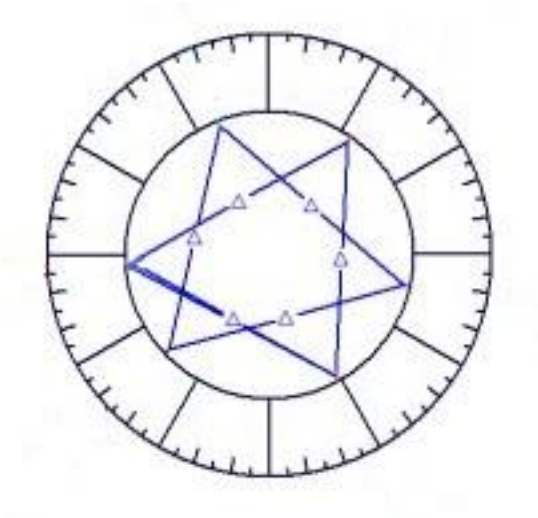
The kite represents a fundamental harmony supported by dynamic tension, as if you were carried by a fluid breath while being stimulated by a central point that pushes you to act. This figure invites you to use your natural abilities not to remain passive, but to consciously direct your energy towards concrete achievements. It reminds you that the balance between fluidity and effort is essential: you can let your inner resources flow while putting them at the service of your deepest intentions. The path consists of remaining attentive to this point of focus, transforming ease into conscious action and channelling your potential to nourish your awakening.

The arrow



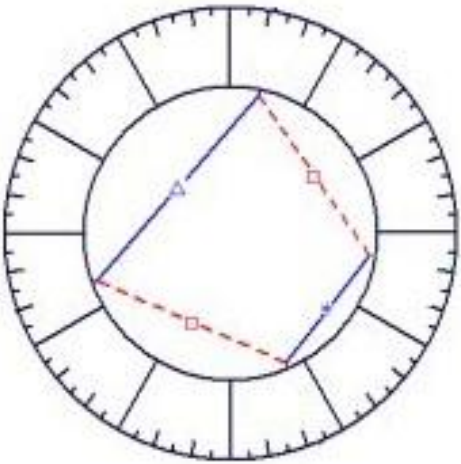
When your chart features the arrow, it invites you to see your life as a directed movement, a dynamic that brings your different energies together in the same direction. From a mindfulness perspective, this configuration should not be understood as a fixed destiny but as an indication of inner focus: your diverse, sometimes scattered experiences seek to come together in a point of clarity that attracts you. This arrow symbolises less an external goal than a path of presence, where each step of your journey brings you closer to the moment when energy ceases to scatter and becomes centred. It invites you to learn to welcome your contradictions and allow them to unify into a coherent, conscious momentum, free to unfold without tension.

The six-pointed star



The six-pointed star represents a complex and rare harmony between your inner energies, as if different flows were coming together to create a subtle and powerful balance. This figure invites you to recognise and cultivate the fluidity and integration of your talents and resources, while remaining mindful not to scatter them. It symbolises a great capacity for alignment and inner coordination, allowing experiences to be transformed into deep understanding. The path consists of welcoming this harmony as a support for your vigilance, remaining aware of every movement of your mind and using this force as a catalyst for awakening and personal fulfilment.

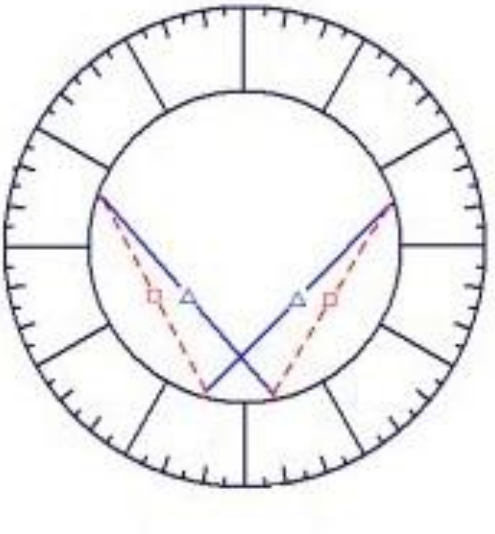
The trapeze



The trapeze reflects an inner structure made up of various forces that support each other, as if your different energies formed a flexible but solid balance.

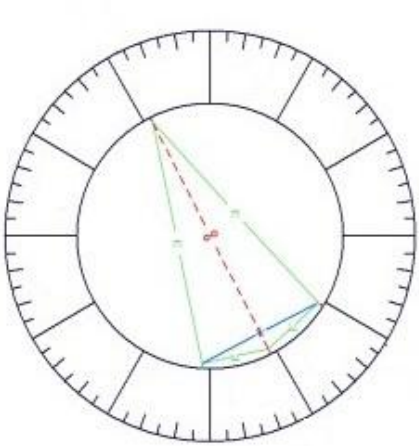
This figure invites you to recognise the complementarity of your talents and to observe how tensions can become supports for your growth. It symbolises the ability to transform inner diversity into coherence, while remaining mindful not to fragment your attention. The path consists of integrating these different forces with presence and harmonising your actions and choices.

The butterfly



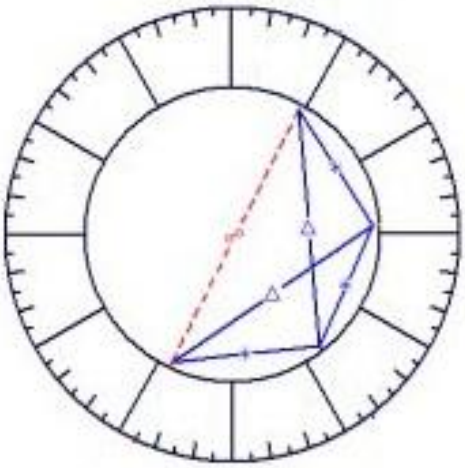
The butterfly symbolises transformation and lightness of spirit in the face of life's experiences. This figure invites you to observe your inner changes with gentleness and acceptance, as if you were following the natural movement of your metamorphoses without resistance. It represents the ability to welcome transitions and remain open to new perspectives, even when the balance seems fragile.

The Boomerang



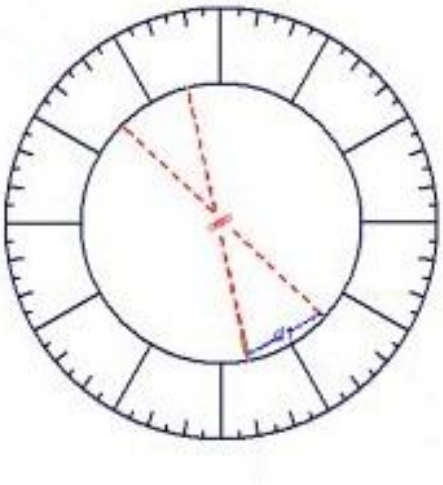
When your theme features the figure of the boomerang, it suggests that energy released outward always returns to you, not to punish or constrain you, but to allow you to know yourself better. From a mindfulness perspective, this dynamic reflects the fact that what you project, your impulses, your resistance or your struggles, ultimately becomes a mirror that reflects your own areas of light and shadow. This figure invites you to welcome life's feedback with attention, even when it seems contrary to your expectations, because it carries within it the possibility of readjustment and learning. It teaches you that by cultivating presence, you can transform this feedback into opportunities for integration and inner liberation, until the movement ceases to be conflictual and becomes a conscious and harmonious cycle.

The boat, the tub or the tent



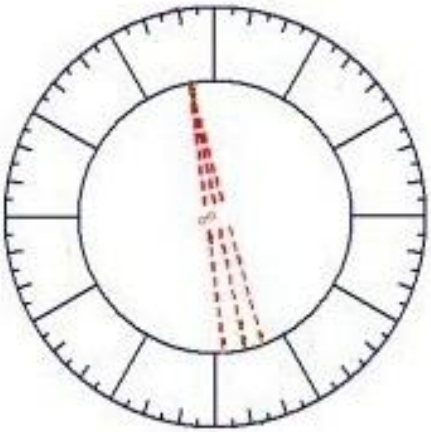
The boat, the tub or the tent represents a protective and enveloping structure, as if your energies formed a shell that supports and shelters you. This configuration invites you to recognise this inner security, but also not to shut yourself away in its comfort.

The hourglass



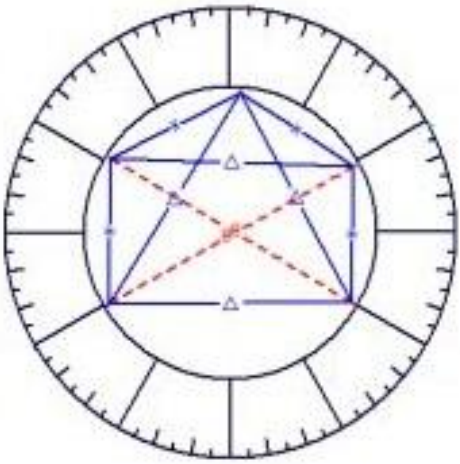
The hourglass symbolises a distribution of your energies between two poles connected by a narrow passage, as if your being had to constantly shift its attention from one space to another. This figure invites you to observe this movement of concentration and diffusion, to accept that each extreme needs its complement. The path consists of remaining present in this narrow passage, cultivating vigilance in these moments of transition, and transforming the alternation into a tool for inner balance.

The hammer



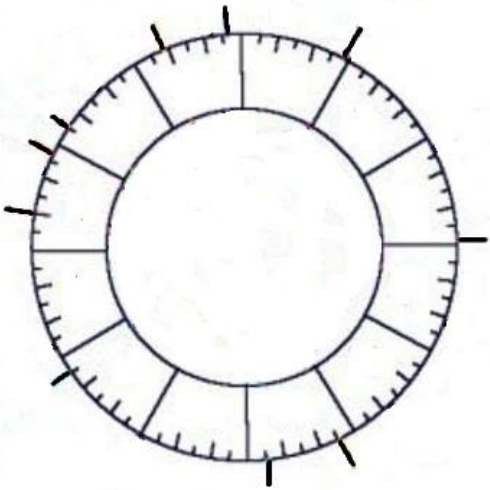
When your chart features the hammer figure, it highlights a central tension: a cluster of planets combining their forces is confronted with opposition, creating an intense resonance between concentration and resistance. From the perspective of mindfulness, this configuration invites you to see that the energy of opposition does not contradict your strengths, but offers them a space for testing and clarification. It teaches you that the power born of inner concentration requires dialogue with what seems external or contrary to you, so that the experience is not reduced to polarisation but broadened to a wider understanding. This hammer is therefore an opportunity to transform tension into conscious work, where each resistance becomes a tool that forges your inner unity and freedom of presence.

The envelope, or open letter



The envelope, or open letter, represents a structure where your energies form a protective shape, as if they were surrounding an inner space. You are invited to recognise the value of this container, while remaining vigilant so as not to lock yourself inside it. The path consists of using this envelope as a field of presence, an invitation to fully inhabit yourself.

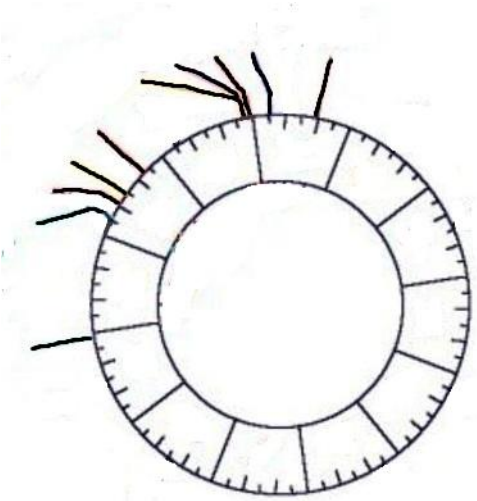
The splash



When your chart presents the figure of the splash, it reflects a wide and relatively homogeneous distribution of the planets in the zodiac, with no marked concentration or dominant axis, the greatest interval between two planets not exceeding approximately three signs, or ninety degrees. From the perspective of mindfulness, this configuration does not refer to disorderly dispersion or a lack of centre, but to a multiple opening of experience, where many fields of life and consciousness are simultaneously engaged. It invites you to recognise this inner diversity without seeking to reduce or prioritise it, and to cultivate a presence capable of welcoming several impulses at once. The path then consists of allowing a

centre to emerge, not a geometric one, but a conscious one, so that this plurality of experiences does not become a dispersion, but a richness experienced in attention and inner unity.

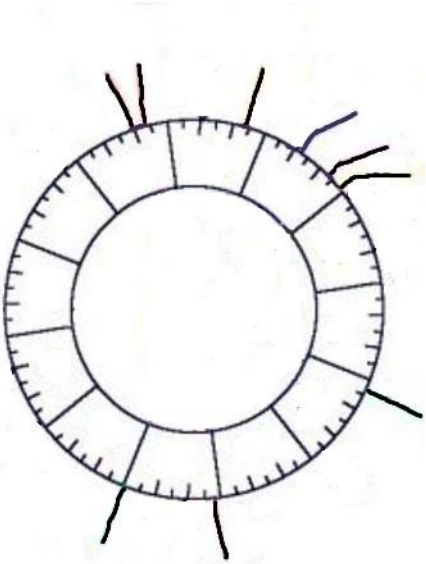
The corner, the bouquet, the cluster



When your chart features the figure of the corner, the cluster or the bouquet, it reveals a very strong concentration of all the planets in a small portion of the zodiac, generally contained within an arc of about 120 to 140 degrees. In contrast to the splash, this configuration highlights a marked intensity and focus of experience, as if a large part of your psychic energy were gathered around a few essential areas. From a mindfulness perspective, this figure invites you to recognise the power of this concentration without identifying with it, and to observe how it can become both a resource and a source of imbalance if not experienced with vigilance. The path is to fully inhabit this inner density while remaining open to the less activated areas of the chart, so that focus does not turn

into confinement, but rather a conscious stepping stone towards a broader and more unified presence.

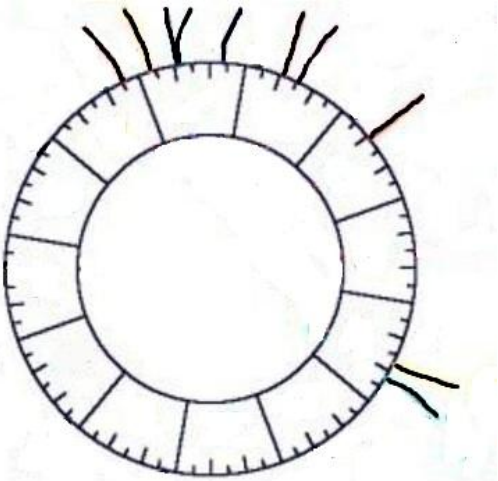
The Locomotive



When your chart features the locomotive figure, it shows a distribution of planets grouped over a large portion of the zodiac, occupying approximately two hundred and forty degrees at most, leaving an empty sector corresponding to nearly four signs. This configuration gives the impression of continuous movement, as if your psychic energy were moving in the same direction, carried by a dynamic of progression and a chain of experiences. From a mindfulness perspective, the locomotive invites you to observe this inner movement without getting carried away by it, to recognise the momentum that drives you forward while remaining present at each stage. The path consists of transforming this natural propulsion into a conscious journey, where the apparent absence of certain areas

becomes not a lack, but a breathing space that allows you to balance action with presence and integration.

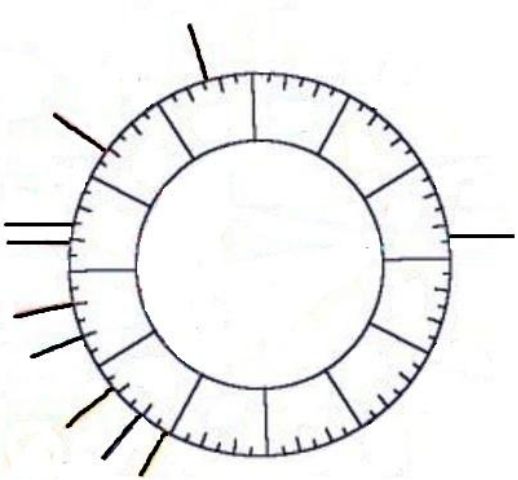
The Bowl



When your chart features the bowl figure, all the planets are grouped together within the same hemisphere of the zodiac, occupying approximately 180 degrees, sometimes slightly more without exceeding the spirit of this configuration. This distribution gives the feeling of a clearly oriented inner world, as if your experience unfolded primarily in one half of the field of life, leaving the other half in the background. From the perspective of mindfulness, the bowl invites you to recognise this natural orientation without experiencing it as a limitation, but as a privileged space for exploration and presence. The path consists of fully inhabiting this concentrated field of experience, while remaining attentive to what the less activated half-circle calls not an escape, but a gradual

opening, so that focus becomes a conscious support towards a broader integration of the being.

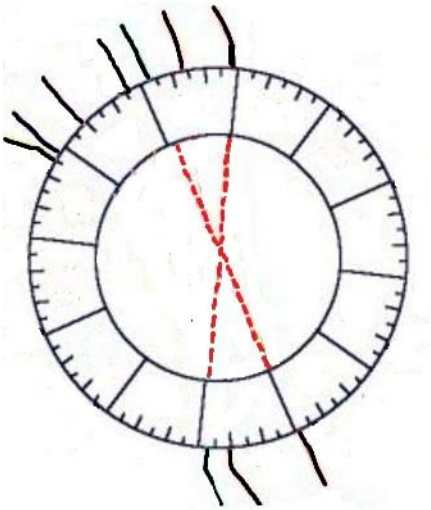
The bucket or funnel



When your chart presents the figure of the bucket or funnel, the planets are mostly grouped in the same hemisphere of the zodiac, occupying approximately 180 degrees, sometimes slightly more, while an isolated planet, or a close conjunction of planets, stands out clearly from the whole, at more than 30 degrees and ideally 60 degrees or more from the main group. This configuration gives the impression that a large part of your inner experience is concentrated in the same field, while finding a privileged point of expression through this isolated planet, which acts as an opening or a channel. From a mindfulness perspective, the bucket invites you to recognise this focus without becoming trapped in it, and to pay particular attention to this pivotal planet, not as a definition of yourself, but as a point of articulation where the gathered energies can unfold in a more conscious way.

The path consists of using this fulcrum as a lever of presence, ensuring that concentration does not become rigidity, but remains a living movement towards broader integration.

The Seesaw

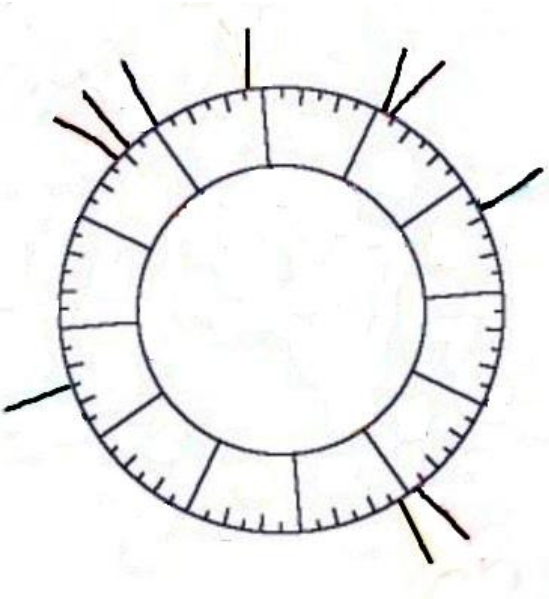


When your chart presents the seesaw figure, the planets are divided into two distinct groups, separated by a space of at least two signs, or sixty degrees or more, and connected by at least one opposition that clearly sets them in relation to each other. This configuration gives the feeling of an inner back-and-forth, as if your experience were built on the constant relationship between two complementary or contrasting poles. From a mindfulness perspective, the swing invites you to observe these alternations without trying to freeze them or choose sides, but to recognise that the tension between the two groups brings movement and understanding.

The path consists of remaining present in this back-and-forth movement, welcoming oppositions as living mirrors,

and transforming this oscillation into a learning experience of conscious balance rather than a source of inner conflict.

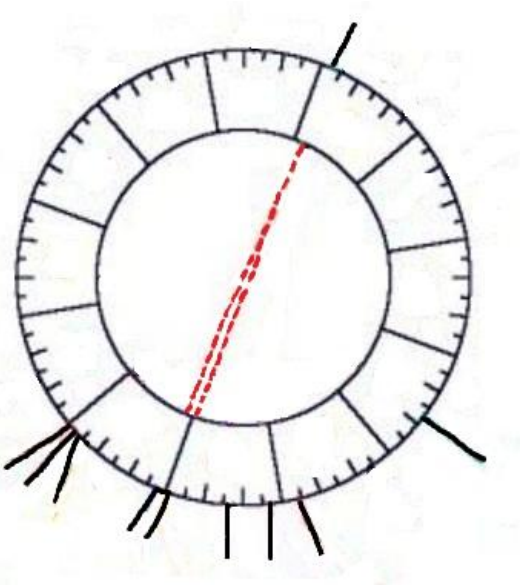
The Tripod



When your chart features the tripod figure, it shows a distribution of planets into three distinct poles, resulting from a configuration similar to the swing, but enriched by the presence of an isolated planet, or a close conjunction, separated from the two main groups by at least two signs, or sixty degrees or more. This organisation gives the impression of a balance resting on three supports, where the tensions between the two groups find a point of stabilisation or renewal through this third pole. From the perspective of mindfulness, the tripod invites you to observe how these three centres of experience interact without seeking to reduce them to a binary opposition, and to recognise that stability arises here from the ability to

remain present to each of these supports. The path consists of cultivating a flexible and balanced attention, allowing these three forces to coexist without any one dominating or being repressed, so that the whole becomes a living support for a more conscious and integrated presence.

The fan



When your chart presents the fan figure, it reveals a very marked concentration of planets in a restricted sector of the zodiac, generally contained within an arc of 120 to 140 degrees, forming a dense and focused cluster, while an isolated planet, or a close conjunction, stands out clearly from this group. This configuration, similar to the bucket but even tighter, gives the impression that most of your psychic energy is gathered around a specific core, while finding a point of orientation or diffusion through the isolated planet. From the perspective of mindfulness, the fan invites you to recognise the power of this concentration without identifying with it, and to pay particular attention to this separate point, not as an

imposed direction, but as an axis around which presence can be organised. The path consists of allowing this focus to become a support for clarity and inner unification, ensuring that the intensity of the cluster does not turn into confinement or dispersion, but rather into a conscious and balanced unfolding of experience.

Conclusion

Planetary figures offer a particular way of looking at an astrological chart. They highlight groupings, axes, tensions or apparent balances, and as such can accompany the interpretation by giving an indication of how psychic forces seem to be organised. They have their place, provided they remain at their proper level: that of one reading tool among others, never a comprehensive explanatory key.

Throughout this book, the figures have been approached not as definitions of being, but as symbolic images, capable of illuminating certain dynamics without claiming to summarise them. They can help to perceive an orientation, a concentration or a movement, but they cannot replace attentive listening to the planets, signs, houses and aspects, which remain the living heart of astrological interpretation.

In a mindfulness approach, there is no question of freezing the experience in a form, nor of seeking a definitive image of oneself. The astrological chart, like the human being, is traversed by multiple forces, sometimes contradictory, always interacting. The figures are therefore only temporary reference points, useful as long as they open up understanding, but to be set aside as soon as they become restrictive or simplistic.

It is therefore up to each individual to feel what resonates, what enlightens, and what, on the contrary, makes the reading rigid. This book does not invite you to adopt a

single vision, but to cultivate a nuanced, attentive and free view, capable of recognising the value of a symbol without becoming attached to it.

May these pages accompany you in a more conscious practice of astrology, one that is more respectful of human complexity and open to what, in each chart, remains alive, moving and always in the making.

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Astrology and Planetary Figures

A flash of lightning crosses the sky: it lasts only a moment, but it reveals the structure of the space it illuminates. Planetary figures work in the same way. They do not define the being, they make visible, fleetingly, the dynamics at work in the astral theme.

This book offers a conscious exploration of planetary figures, not as typologies or fixed global images, but as transient forms that reveal inner organisations, tensions and movements. Each figure is approached as a living metaphor, capable of illuminating the reading of the chart without ever reducing its complexity.

Rooted in the astrology of mindfulness, this book invites an attentive and nuanced practice, where the forms of the sky are not used to define oneself, but to observe how psychic forces unfold, meet and transform. The figures then become moments of clarity, opening up understanding without ever confining it, and leaving the reader free to recognise what resonates within them.

Front cover: The Multicoloured Lightning Bolt by Paul Klee